

Lesson Plans.

Grade 1-2-3.

A. { Flying Machine  
Firecracker.  
Tugy Boat.

How Do you Do My Partner?

Huntsman (wand if available)

May Show us What to Do. (Extra)

Grade 4-5-6.

Same as A.

Jump Jim Crow (182)  
Uncle Chase.

Grade 7-8-9

Same as A.

Polly Wolly Doodle. (264)

Pass & Change. 233 (Ball or Bean Bag).

Rescue Relay.

A. B. Methods of getting formations &  
changing them.

## Games.

1. Know game perfectly.
2. Formation before explanation.
3. Explanations simple + concise.
4. Teach by the part method - stopping to explain new parts or correct mistakes.
5. Never talk when children are inattentive or talking.
6. Use whistle only when necessary. Never without having something to say.
7. See that rules are carried out.
8. Announce scores - winners, etc.

Side Kick - 8  
Fire Engine - 3  
The Swing - 2  
Bowl Club - 6  
Ten Little Indians - 3.

Name	School	Class	Age	Lesson No.
Time	Attainment	Type of Act.	Act. - See Ref. pg no.	Objective.

15.

15

Stunts

Frog Hop.  
H. & J. H. Pg 187.

Coffee Grinder  
188.

Head Stand  
189.

Come Along  
168.

Simon Says.  
170.

Circle Chase  
167.

Lesson No.

Maths 2  
Presentation

Demonstrating

Description

Pupil demon.

No.

Desired outcome

Child learn & have

team. Courtesy.

Demonstration  
& description

Demon  
Description

15.

James

Come Along  
168.

Simon Says.  
170.

Circle Chase  
167.

15

Folk Dance

Children's  
Polka  
173

292

Arrow - use room - bright piano  
Bear - dominoes - walk quietly. St. wands, balls  
Bear bag - Indian clubs.  
Bear attack - 3 dominoes - 2 cl. room & play room (or other)  
Bear - dominoes - balls - piano

Bearded Clowns - Rule of York - Gym - balls  
Lantern room  
Piano violins.

Plate to set of value

Needy of child

Appreciate -

Indicate pupil act - stated from  
individual point of view

Measurable - able to see if obj.  
accomplished

Monday - 3 lesson plans 12:45 - 3:15

Classify according to Subject & Title &  
" " content & topic which  
you feel will be useful to you in  
planning lessons.

Copy suggestion from Syllabus of P.E. for Pub. Sch. for Grade  
you are teaching

Play Act - For elementary schools - Party U.S.

Athletic Prog - " " Leonora Anderson

PP - On the " " grades - Henniker

P.E. Act. for High School girls.

Class lesson in fundamental of P.E. - Baker

In lots of time before class

look at uniform before going for holes.

W hittles with lanyard

Speak to principals of find drawing room & gym.

Close windows after

look for dangerous obj. in way

Meet classes at door.

When dismissing them have them march out.

① Sportsmanship - character development.  
 ② Muscular control.  
 ③ Develop pleasing personality.  
 ④ Social development.  
 1. Good sport. 15. sense of justice  
 2. Enthusiastic. 16. unaffected.  
 3. Courteous, honest. 17. Quick thinking.  
 4. Pleasant personality. 8. muscular - control  
 5. Neat appearance 18. Vitality  
 6. Obedient - co-operative 20. leadership qualities  
 7. Good health. 21. self-control  
 8. Original. 22. Thoroughness.  
 9. Royal. 23. Prompt.  
 10. Different interests. 24. social development.  
 11. Cheerful. 25. Practical ability  
 12. Good judgment. 26. Use of leisure time.  
 13. poise - grace  
 14. unselfish

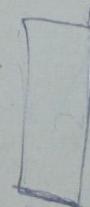
Hobie 7-9  
 4/5 15' 5 Tents  
 Bickling  
 29 10 30 5 4  
 Alan 9 30 4  
 Hand Stand  
 30 8'.

15' Jones - Chain  
 15' Jones - Wedge Roll  
 3/5.  
 15' Jones - Toe Tap  
 3/3

15' Jones - Glider  
 15' Jones - Tuck

Nepe-Wis Keighley, School-Girls' Ketchum, Class 6,

Time Allotment	Type of Act.	Activity	Age 10, Lesson, Pratico Teaching No. 7.	Method of Presentation	Desired Outcome
30 mins.	Exercise	1. coss & stick. 6-5-7-0 alt. 2. sl. 3. end 5-5-7-0. 4. jump high in front	Quick Response	Demonstration	Body Co-ordination
10 mins.	Folk Dance	Dutch Couples Dorothy La Salle P. 95 (Continued)	Rhythm, correct steps.	Demonstration & Description.	International feeling.
10 mins.	Games	Run & Pass Relay	Ability to pass & catch correctly.	Description.	Sportsmanship.
30 mins.	Exercise	easy A swing w/ fold & fwd. stick. la hand & stick. A. fling & T. twist. L. swing 5-5. w/ clck. turn. lift in front.	Grade 7th. Quick response & easy movements.	Explanation.	Body Co-ordination.
10 mins.	Dance	Irish Lilt Dorothy La Salle P. 161. (Continued)	Lightness, rhythm correct steps.	Demonstration	Individuality.
10 mins.	Games	Quiet relay. or they, like them.	Throwing & catching quiet properly	Description.	Team spirit.



## Lesson Plans.

To fit into Time  
To fit in Age group

In planning:

1. Length of lesson.
2. Age of pupils.
3. Sex or mixed.
4. Interest typical of similar groups.  
    A. M. Cowles.
5. Size of class.
6. Size of space for working.
7. Interest span of group.
8. Needs of group. - physical ability  
    Home interest  
    Mental ability.  
    Health.  
    Creative act.
9. What P.E. authorities think a good  
    lesson plan includes.
10. Equipment available.
11. Relation of gym to other school rooms.

Did you have one two, two - three?  
Did I have fun?  
Am I tired - breathless?  
Do they still respect me?  
Did they want to continue?  
Did I really learned something?  
How long stands still?  
How many minutes very active?  
Did you have to stand in line &  
watch someone's head in front of you?  
Was there room to be comfortable &  
move in.

Stades 3 - 7 + 100

Rhythms  
Singing Games  
Games  
Hunts

Stades 10 - 10 + 51

Folk Dancing  
Hunts  
Games  
Mimetics & Rhythms.

Stades 11 - 511 100

Gym  
Games  
Folk Dancing  
Perhaps Tap Dancing

A. Wright

Name	School	Class 1-3	Age.	Lesson No.
Time Allotment	Type of Activity	Activity	Objective	Method of Presentation
45 mins.	Mimetics	Decks - Neilson + Van Hagen P. 92. High - 57 epping Horse - N. & O. H. P. 92.	Bring out own creative powers	Pupil Demonstrate And description
10 mins.				Desired outcome Agility.
15 mins.	Singing Games	The Farmer in the Dell. Did you ever see a Hassie. N. & O. H. - Pgs. 83-84.	Sing in low voice.	Demonstration and Description.
20 mins.	Games (Hunting)	Brownies + Fairies N. & O. H. - P. 89 Skip Tag & Run, Rabbit Run. N. & O. H. - Pg. 91	Run quietly and skip correctly.	Description.
				Give each a turn at "it".

Name —	School —	Class 4-6	Age	Lesson. No.
45 mins				
15 mins.	Stunts	Frog Hop - <sup>Boys + girls</sup> N. & O. H. P. 187	Body	Demonstration and description.
		coffee Grinder O-ordination. N. & O. H. P. 188		Each child have turn and learn to take turn properly.
		Head Stand <sup>no mats - boys + girls</sup> N. & O. H. P. 189 <sup>(no gym clothes)</sup>		(over)

Time Allotment	Type of Act.	Activity	Objective	method of presentation	Desired Outcome
15 mins.	Games	Come Along N.Y.O.N. Pg 168	Take care not to bump each other.	Description.	Get acquainted.
		Senior Days N.Y.O.N. Pg 170	Originality.		
		Circle Chase N.Y.O.N. Pg 167	Quietly.		
15 mins	Folk Dance	Children's Polka N.Y.O.N. Pg 573	Learn steps correctly.	Description & demonstration.	
Name —	School —	Class 7-9	Age —	Lesson —	Ms. —
45 mins.		Bicycling N.Y.O.N. 308	Co-ordination		
15 mins	Stunts	Chair Vault .....	no apparel clothes	Demonstration & description.	
15 mins.	Games	Hand Stand .....	hop & girls		
		Chain Dodge Ball N.Y.O.N. Pg 315	Practice throwing ball correctly.		
		<del>Heel &amp; Toe Tap</del>	Play quietly & fairly.	Description.	Each person have a turn.
		Fox & Geese N.Y.O.N. Pg. 315			
15 mins.	Folk Dancing	Old Dan Tucker. N.Y.O.N. Pg 303	Team dance steps correctly, & rhythm.	Description.	Courtesy & quietness during explanation & dance.